

<p><b>NAVAL SCIENCE INSTITUTE STUDENT INFORMATION PACKAGE FOR ENLISTED COMMISSIONING PROGRAM OFFICER CANDIDATES 2001</b></p>
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## **OBJECTIVES OF THE PROGRAM**

Naval Science Institute (NSI) is a rigorous seven-week program conducted at the Naval Education and Training Center (NETC), Newport, Rhode Island. This year NSI commences on 3 June 2001 and ends with graduation on 18 July 2001. The objectives are:

To provide each Enlisted Commissioning Program (ECP) officer candidate with the academic, military, and physical training equivalent to the first two years of Naval Reserve Officer Training Corps (NROTC) training on campus.

To evaluate each candidate to ensure that only those who demonstrate a high degree of motivation toward a career as a commissioned officer are retained in the ECP program.

In short, NSI is designed to provide you with the Naval Science credits normally earned by NROTC midshipmen in the first two years of college and the rigorous physical and military regimen that would normally be provided by Officer Candidate School (OCS).

While a majority of NSI students are ECP selectees, a number of 2-year Scholarship and 2-year College Program midshipman selectees will enter NSI with you. Because these students are coming straight from college campuses and arrive without any previous military background, your sharing of fleet experience, knowledge and maturity will be of great benefit to them as you go through this unique and challenging officer accession program together.

## **BACKGROUND**

The Naval Science Institute is far more than a college summer school. To properly prepare you to enter college full-time in Fall 2001 and be up to par with your Navy contemporaries on campus, the program is a demanding, time-

compressed officer candidate screening and education/training program. The NSI curriculum encompasses all aspects of the first two years of college NROTC, from the basic elements of military drill, discipline, and physical conditioning to rigorous academic classes and leadership education/evaluation.

To accomplish the extensive baseline training and education for a large number of officer candidates in such a short period, you can expect the first weeks of NSI to be intense “basic military training.” Officer candidates will be re-introduced to elementary concepts of drill, decorum, and discipline by qualified Navy and Marine Corps instructors, with the goal being to prepare you ultimately to take your place at the head of divisions as junior officers.

Mastery of these elements, in conjunction with a serious and focused approach to your academic studies and physical and leadership development, should make you a successful candidate and give you the confidence to excel in college and your commissioned career. You have already gone through a highly competitive selection process where you have been recognized for the qualities and traits that should lead to your success in this commissioning program. However, few find NSI a “breeze.” It takes a lot of work and dedication on the part of the staff and the officer candidates. **EARLY MENTAL AND PHYSICAL PREPARATION IS THE KEY.**

Your NSI instructors and staff are experienced active duty Navy and Marine Corps personnel who come to Newport on temporary additional duty from NROTC units across the country. They are thoroughly familiar with what is required of you once you enter the NROTC program and will do their utmost to help you prepare to meet or exceed those requirements.

## **SPOUSES, FAMILIES AND GUESTS**

**It is strongly recommended that you come unaccompanied to NSI.**

Accommodations for your spouse and/or family in Newport at the height of the tourist season will be scarce and *extremely expensive*. You will be required to live on base in Nimitz Hall during NSI, and opportunities to be with your spouse/family/guests will be extremely limited.

Spouses, families, and guests are heartily encouraged to attend the graduation dinner on Tuesday, 17 July, and the graduation ceremonies on Wednesday

morning, 18 July. If you have family or guests who plan to attend, lodging reservations in the Newport area should be made as soon as possible.

## PHYSICAL TRAINING AND SWIM PREPARATIONS

**Physical Training.** You must have successfully passed your command's latest Physical Readiness Test with a minimum grade of SATISFACTORY and be within weight standards upon reporting to NSI. You must bring your Physical Readiness Training Records (Disk or paper) Folder with your PRT results to NSI. Before you detach from your current command, your commanding officer must document your most recent PRT scores on page 13 of your enlisted service record.

By the end of NSI, you will be required to pass the Physical Readiness Test with a minimum score of GOOD-LOW. Below are the standards for ages 20-29 (OPNAVINST 6110.1E):

	<u>MALE</u>	<u>FEMALE</u>
Push-ups (in 2 min)	47	21
Curl-ups (in 2 min)	58	58
1.5 mile run	12:00 min	14:15 min

If your physical condition changes or affects your ability to perform the PRT at any time prior to reporting to NSI, you are to IMMEDIATELY inform the CNET (OTE6/0841) office at (850) 452-4941 Ext. 316, 317, or 318, or email at "[ecp@cnet.navy.mil](mailto:ecp@cnet.navy.mil)". If you make this report by phone, you will need to follow up by writing by letter or email. If you have not executed your PCS orders when this occurs, DO NOT execute them without the approval of CNET.

NSI's Physical Readiness Training program will be rigorous and challenging. You should begin preparing yourself now by developing an individual workout program of your own. You should include in your regimen daily stretching, calisthenics, and running, including short sprints. Over the course of your summer you should expect to increase your run distance from 1 mile to as much as 4 miles. If you prepare now, not only will you be in better shape for strenuous exercise, but you will also reduce your risk of injury due to strain and fatigue in the initial weeks of training. The better your fitness upon arrival, the better your mental alertness will be for the daily regimen of classes and late night study.

**Swim Training.** At a minimum, the NSI student must qualify as a Third Class Swimmer. To qualify, students must: (1) enter the water feet first from a minimum height of five feet; (2) swim 50 yards using any survival stroke (American crawl, breast stroke, side stroke, or elementary back stroke); (3) after the 50-yard swim, using the water survival prone float, remain afloat for

five minutes; and (4) enter the water feet first wearing shirt and trousers, inflate shirt, remove trousers and inflate them for support; then remain afloat until directed to exit the water. Non-swimmers or weak swimmers should seek remedial assistance now if it is available at your current location. Very limited remedial instruction is available at NSI and remedial time will normally be very early in the morning before normal routine commences.

## **TRAVEL ARRANGEMENTS**

The nearest major airport is T. F. Green Airport (airlines many call it "Providence"), actually located in Warwick, Rhode Island. Transportation from the airport to Newport is by limousine (van), the cost of which is about \$15.00 one-way.

If you travel by train, the nearest major train terminal is in Providence (the state capital), and you will have to take a bus to get from Providence to Newport.

Bus connections to Newport can be made from any major bus terminal. Buses run from Providence to Newport every two hours, except between 2305 and 0540. Once you arrive in Newport, you can take a city bus or taxi to the Naval Education and Training Center. A base map is enclosed for your reference.

You may elect to travel to Newport in your own automobile. In fact, you will have off-base liberty on most weekends and may want to have a car for your use during that time. NETC is clearly marked on most road maps. You should enter at Gate No. 1 and proceed to the Pass and Identification Office (closed Sundays) if you need to obtain a base vehicle pass. If you need to obtain a DoD vehicle pass and were unable to obtain one at the Pass and Identification Office, bring your vehicle registration papers, a valid driver's license, and proof that you are protected by adequate liability insurance with you to check-in. A Rhode Island safety inspection sticker will be required if you register your automobile in Rhode Island. The Pass and Identification Office will also provide you with specific directions to the NETC Gymnasium (CAPT Edward Kay Hall) for NSI check-in.

*NOTE:* You should expect to only be able to use your vehicle when off-base weekend liberty is authorized. Vehicles may be locked and parked in one of two *unprotected* open parking lots on base (see the enclosed map for the authorized parking areas). Plan accordingly. It is highly recommended that

you keep your automobile insurance policy in force, as many insurance companies penalize those who are not continuously insured.

## **REPORTING INFORMATION**

**Report to NSI on Sunday, 3 June 2001 between 1000 and 1400 at the NETC Gymnasium (Captain Edward Kay Hall) at NETC Newport, Rhode Island.**

If you plan to arrive earlier than this, you should make prior BEQ reservations.  
**NSI berthing spaces will not be available until reporting time on 3 June.**

**Bring the original and three copies of your PCS orders to check-in.**

Report in comfortable, washable civilian clothes – pants/slacks, collared shirt, socks (NO jeans/Levis and NO t-shirts) and comfortable athletic shoes.

Women should report in pants/slacks, collared shirt, socks (no jeans/Levis and NO t-shirts) and comfortable athletic or flat shoes (DO NOT wear heels).

Report to NSI with a regulation Navy haircut to preclude the necessity for limited administrative time to be used for haircuts.

Should you wish to attend religious services that Sunday morning, you should do so prior to reporting to NSI. You will not have time to attend services that day once you've reported in.

You should expect the first week to be fully occupied with room assignments, administrative processing, academic courses, physical training, academic counseling, uniform issue, and various orientation briefings.

## **PERSONAL MAIL**

Your mailing address at NSI will be:

(YOUR NAME)  
NAVAL SCIENCE INSTITUTE  
690 PEARY STREET  
NAVAL EDUCATION AND TRAINING CENTER  
NEWPORT, RI 02841-1522

## **EMERGENCY TELEPHONE**

If an outside emergency arises while you are at NSI, you can be contacted during normal working hours by calling (401) 841-2967/9, or (401) 841-3456 (NETC Quarterdeck) after working hours. Pay telephones are also installed in Nimitz Hall for student use. Be advised that outgoing student telephone calls will be restricted to calls of an emergency nature during the first week of NSI.

## **OFFICER CANDIDATE UNIFORM INFORMATION**

**Appendix (a) lists the required uniforms for NSI.**

The daily uniform for all NSI students will be Officer Candidate (OC) Wash Khaki. Graduation will be in OC Summer White. When uniforms are prescribed for liberty, the liberty uniform will normally be OC Summer White.

Civilian attire will be worn infrequently at NSI. You should bring no more than three or four sets of civilian clothing, including what you wear to check-in.

DOD Directive 1338.18 series authorized ECP selectees a Special Initial Clothing Allowance (SICA). For males, the current amount is \$1,197.53; for females, it is \$1,494.77. You will receive this allowance prior to graduation from NSI. All uniform items purchased at the NETC Uniform Shop will be charged against your SICA. Some NROTC units may have specific additional uniform requirements, and it would be prudent to contact the NROTC unit where you will be going prior to departing NSI to determine any specific additional uniforms you might need. You may want to consider purchasing your service dress blue uniform just prior to your departure from NSI.

**The minimum officer candidate uniform requirements for NSI are listed in Appendix (a) of this information package.** You do not have to purchase uniforms before you report. Time has been programmed on the second day at NSI for you to visit the Uniform Shop. However, you may already have some items in your enlisted seabag that may suffice or you may save money on some items (such as the cotton/poly uniforms) by purchasing them at your current duty station. However, a majority of ECP selectees lose weight at NSI, so tailoring is discouraged prior to your fifth week in Newport. You will not need money on hand (all purchases will be charged to your account until you receive your SICA check). Additional clothing items, such as socks or undergarments, may be required. Any additional clothing items required for personal comfort may be bought at your own expense.

NOTE: Certified Navy Twill (CNT) uniforms are worn on occasion for various functions/activities, i.e. trips to Boston (USS Constitution), Fall River, MA (Battleship Cove), Bristol, RI (4<sup>th</sup> of July Parade), and Groton, CT (Sub Base).

## **EQUIPMENT AND SUPPLIES**

**Appendix (b) lists the required items you must bring to NSI.**

Alarm clocks and/or SMALL radio-alarms may be brought. Their use may be limited during the week when lights out and reveille are strictly enforced. DO NOT BRING stereos, large radios, “boom boxes,” sporting equipment (other than softball glove), or musical instruments. Firearms, ammunition, bows and arrows, knives of any length, nunchucks, and other martial arts weapons are expressly forbidden at NSI.

Candidates are encouraged to bring their own softball gloves (if they have them) for use during intramural sports competition. There is no requirement to have one if you don’t already own one.

Your PT gear must be purchased at NSI to ensure uniformity within companies and the battalion. The approximate cost of the gear will be \$100 and you will need to purchase this gear upon reporting to NSI. The gear includes: two t-shirts; two pairs of shorts; sweats; and water bottle and holder.

**All prescription medicine will be turned over to the Training Safety Officer for registration and then reissued to you, when required.**

Tinted glasses are not authorized. Due to the rigorous nature of many of the NSI activities, expensive civilian eyewear is at risk. For that reason, use of government-issue eyewear for daily activities at NSI is highly recommended.

## **ACADEMIC INFORMATION**

Academic classes commence the first week and continue at a very fast pace until graduation on Wednesday, 18 July.

Academic Courses. Course work consists of four major areas which are equivalent to approximately 12 semester hours of college credit in Naval Science (each college/university has its own course credit policies). In addition, candidates are normally offered the opportunity to tour naval facilities and to receive shipboard familiarization on destroyers and frigates, when available. The academic courses at NSI will include:

Naval Orientation. A general introduction to sea power and the naval service. Instruction places particular emphasis on the mission, organization, regulations, and warfare components of the Navy. Included is an overview of officer and enlisted rank and rating structures, career opportunities, promotion and advancement, and retirement policies. This course also covers the basic tenets of naval courtesy, customs, discipline, naval leadership, and ship nomenclature. The candidate is made cognizant of the major challenges facing today's naval officer, including the areas of equal opportunity, fraternization, sexual harassment and drug/alcohol abuse.

Sea Power and Maritime Affairs. A survey of American naval history from the American Revolution to the present. In addition, the course discusses the general concept of sea power, the roles of various warfare components of the Navy, and an analysis of U. S. naval forces and strategies.

Naval Ships Systems I (Engineering). A course designed to familiarize candidates with the types, structure, and purpose of naval ships. Ship compartmentation, propulsion systems, auxiliary power systems, interior communication, and ship control are included. Elements of ship design to achieve safe operations and ship stability characteristics are examined.

Naval Ships Systems II (Weapons). An introduction to the theory and principles of operation of naval weapons systems. The course includes coverage of types of weapons and fire control systems, capabilities and limitations, theory of target acquisition, identification and tracking, trajectory principles, and basics of naval ordnance.

Naval Laboratory. Professional training sessions, including briefings, practical applications, and field trips, designed to complement the academic instruction received in the classroom.

Military Training. Military training consists of approximately 80 hours of drill, leadership discussions (know and understand your leadership principles), battalion review and practices, athletic field meets and inspections.

## **TYPICAL TRAINING DAY**

The following schedule reflects a typical weekday training day at NSI:

<u>Time</u>	<u>Events Description</u>
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0530	Reveille/Morning Prep
0600	Breakfast
0630	Company Officer Time
0730	Academic Classes
0900	Physical Fitness Training Prep
0930	Physical Fitness Training
1100	Clean up
1130	Lunch
1300	Academic Classes
1600	Company Time
1700	Dinner
1830	Study Period
2100	Candidate personal time
2200	Taps

Academic classes are not normally held on weekends. However, field trips and athletic events may occasionally be scheduled on weekends/holidays.

## **EXPENSES**

In previous feedback reports, NSI students have recommended that students bring a minimum of \$300.00 to NSI for various expenses.

A Welfare and Recreation activity fee of \$25.00 will be assessed to each candidate, payable the first week of classes. This activity fee, in conjunction with MWR funds, defrays the cost of two field meets as well as to support other scheduled company and battalion events. There will also be a charge of approximately \$20.00 each for the graduation dinner.

(As previously mentioned, students will have running tabs at the Uniform Shop and will receive a uniform allowance to pay Uniform Shop bills prior to departing NSI.)

## **PAY AND ALLOWANCES**

ECP candidates will be paid their regular active duty pay and allowances except BAH and COMRATS. Since you will be in government quarters and subsisting in a government mess, those allowances will not be paid during

your time at NSI. Students with dependent family members who previously received BAH at the married rate will continue to receive BAH at their old PERMDUSTA rate.

Active duty personnel are strongly urged to resolve pay issues with their local PSD/personnel office and to take advantage of the Direct Deposit System (DDS) prior to reporting to NSI. There is little time to investigate/correct pay problems encountered at NSI. PSD Newport has a huge influx of students during the summer and cannot easily handle non-emergency personnel/pay problems. Advance pay, DLA and advance travel is to be drawn from your transferring PSD. PSD Newport will not be able to do it, as Leave and Earning Statements (LES) will not catch up to you at NSI (and PSD Newport cannot authorize some payments based on an old LES).

You will not be able to settle your travel claim for NSI while at Newport. You will be required to wait until you arrive at the NROTC unit to settle your travel claim. Plan your expenses accordingly. PSD Newport provides the following for your information:

COMRATS will stop upon reporting. Government messing and quarters are available and will be utilized at no cost to all NSI students.

Members who are married or receiving BAQ-D (not diff) for dependent children and who were receiving the full entitlement at their last permanent duty station will be entitled to Family Separation Allowance (FSA) (\$100 per month) after 30 days aboard NSI.

All single students should note: If you were receiving BAQ and VHA at your last duty station, it will stop when you report to NSI. Also, even if you were not receiving BAH at your previous duty station, you will receive a one-time credit of 30 days single BAH while in Newport. This will be credited after you have been aboard NSI for 30 days.

## **VOLUNTARY/INVOLUNTARY DISENROLLMENT**

The Enlisted Commissioning Program has the lowest attrition rate of our officer accession programs, due in large part to the high quality and motivation of the selectees. However, if you should drop out or fail to satisfactorily fulfill the requirements of the program, either at NSI or later at the

college/university, you will be made available for general reassignment at whatever your rating and pay grade are at the time and be required to serve the remaining obligated service incurred for this program.

## **HONOR/RECOGNITION**

All candidates are expected, of course, to put forth their maximum effort. Those candidates whose performance particularly stands out will be recognized with the following awards:

Distinguished Graduate -- the candidate with the highest overall average (military, academic, and physical aptitude).

Distinguished Academic Graduate -- the candidate with the highest academic average for the four academic courses.

Honor Graduates -- the top 10% of the class in overall performance.

## **SUMMARY**

The outstanding enlisted career that resulted in your selection for this highly competitive program will end at the doors of NSI, when you begin all over again as an "Officer Candidate." The transition can be a difficult one, especially for senior enlisted personnel, so you should try to prepare yourself mentally for the kind of changes NSI represents. It is to your benefit to prepare for rigorous physical and mental training, as you will receive military regimentation much the same as that administered at the Naval Academy and Officer Candidate School.

Remember that NSI is not an officers' "knife and fork" school. Nor is it a division officer/junior officer school. It is a unique, one-of-a-kind, rigorous and demanding officer accession education and training program, which is by its nature a time-compressed academic, physical, emotional, social, and leadership challenge.

Since little time is available to conduct personal affairs while you're going through NSI, make every effort to get your personal affairs in order prior to reporting so they won't be a distraction to your education and training.

In short, prepare yourself for a tough physical and mental challenge starting the day you arrive at NSI. The more you prepare ahead of time, the easier the program will be for you. The rewards are worth it. Come prepared!

**NSI UNIFORM REQUIREMENTS FOR FEMALE**  
**OFFICER CANDIDATES**  
**(Appendix A)**

<u>ITEMS</u>	<u>QTY</u>
Anklelets, Black	4PRS
Anklelets, White	2PRS
Bag, Duffel	1EA
Belts	
Khaki (Web)	2EA
Khaki (CNT)	1EA
White (CNT)	1EA
Buckle, Brass	2EA
Caps	
Ball (Blue)	1EA
Combination Service Frame	1EA
Garrison Khaki (Cot/Poly)	1EA
Garrison Khaki (CNT)	1EA
Crowns	
White (CNT)	1EA
Handbags	
White	1EA
Black	1EA
Insignia	
Midn Service Cap	1EA
Collar Device 2/C	1SET
OC Shoulder Boards	1SET
Garrison Cap Midn	1EA
Jacket (Relaxed SDB)	1EA
Shirts	
Khaki (Cot/Poly)	3EA
Khaki (CNT)	1EA
White (SS CNT)	1EA
Shoes	
Black Oxford	1PR
White Oxford	1PR
Skirt	
White (CNT)	1EA
Socks	
Black Oxford	4PRS
Strap, Chin Gold	1EA
Trousers	
Khaki (cot/poly)	3PRS

Khaki (CNT)	1PR
White (CNT)	1PR
PT gear	
Shorts	2PR
T-Shirts	2EA
Sweat Pants	1 PR
Sweat Shirt	1 EA

**NSI UNIFORM REQUIREMENTS FOR MALE**  
**OFFICER CANDIDATES**  
**(Appendix A)**

<u>ITEMS</u>	<u>QTY</u>
Bag, Duffel	1EA
Belts	
Khaki (Web)	2EA
Khaki (CNT)	1EA
White (CNT)	1EA
Buckle, Brass	2EA
Caps	
Ball (Blue)	1EA
Combination Service Frame	1EA
Garrison Khaki (Cot/Poly)	1EA
Garrison Khaki (CNT)	1EA
Crowns	
White (CNT)	1EA
Insignia	
Midn Service Cap	1EA
Collar Device 2/C	1SET
OC Shoulder Boards	1SET
Garrison Cap Midn	1EA
Jacket (Relaxed SDB)	
Shirts	
Khaki (Cot/Poly)	3EA
Khaki (CNT)	1EA
White (SS CNT)	1EA
Shoes	
Black Oxford	1PR
White Oxford	1PR
Socks	
Black Oxford	4PRS
White Dress	2PR
Strap, Chin Gold	1EA
Trousers	
Khaki (Cot/Poly)	3PRS
Khaki (CNT)	1PR
White (CNT)	1PR
PT gear	
Shorts	2PR
T-Shirts	2EA
Sweat Pants	1 PR
Sweat Shirt	1 EA



**NSI EQUIPMENT LIST**  
**BRING THE FOLLOWING ITEMS TO NSI:**  
**(Appendix B)**

- |  |  |
|--|--|
| 1 Piece of luggage (or sea bag)            | 1 long bathrobe (cotton or heavier)                                      |
| 3 Locks (combination)                      | 1 Pair running shoes   |
| 12 standard coat hangers                   | 1 Plastic toothbrush case  |
| 2 Pairs black "biker shorts"<br>(optional) | Postage stamps and stationery  |
| 1 Pair rubber "flip flops"                 | 1 Small iron & can of sizing or starch                                   |
| 10 White crew-neck T-shirts                | 2 Pairs of eyeglasses (clear lens only)<br>(if needed) with safety strap |

**Hygiene and personal toilet articles**

- |   |  |
|---|--|
| 1 Small alarm clock (battery operated)<br>(Optional-will not use during weekdays) | 1 Soap dish  |
| 1 Package Notebook binder (300 pgs)   | 1 tube of Sunscreen (SPF 15 or<br>higher)            |
| 1 Notebook paper  | 2 White Scuff Magic (or can of white<br>shoe polish) |
| 1 Pocket notebook   | 1 Sewing Kit   |
| 2 Pens  | 1 Micatin powder                                     |
| 1 Black marking pen   | 2 Pencils  |
| 2 Black shoe polish   | 1 Laundry bag  |
| 1 Heel/sole edge dressing   | 1 Small can Brasso (or Neverdull)                    |
| 1 Shoe cloth  | 1 Laundry soap                                       |
| 1 Toothbrush  | 8 Pairs of white athletic socks                      |
|   | 3 Towels & wash cloths                               |

**ALL MALES BRING:**

- 2 Athletic supporters
- 10 White undershorts

**ALL FEMALES BRING:**

- 10 Sets white undergarments
- 1 One-piece swimming suit

1 Pair swimming trunks  
(Boxer-type; no "Speedos")

Hosiery - seamless, flesh tone  
3 Sports Bras

**Please Note:** Running shoes should be well broken in, as new shoes will cause foot problems.  
Biker shorts are recommended for prevention of inner thigh rash/irritation caused by PT exercises and running.)